

MIAMI SPRINGS SENIOR CENTER

SERVICES and ACTIVITIES

Residents of Miami Springs, age 60 or older, are eligible to participate in a variety of services and activities offered at the City's senior center.

- **CONGREGATE MEALS:** Hot lunch meals are served weekdays from 11:30 a.m.–12:30 p.m. to assist area seniors in maintaining a nutritionally balanced diet and to provide opportunities to volunteer and socialize with their peers.
- **NUTRITION EDUCATION:** Counseling and education programs are provided monthly by Michelle Larea, the program's consulting Registered Dietician or the Elderly Services Director.
- **HEALTH SUPPORT ACTIVITIES:** All students must be registered in the senior center's congregate meal program to participate in the following:
- **CHAIR YOGA CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
9:00–10:00 a.m.
Classes are held at the Senior Center.
- **WEIGHTS & AEROBIC DANCE CLASSES**
(Instructor: Natasha Salmon-Cogno)
Mondays and Wednesdays
10:30 –11:00 a.m.
Classes are held at the Senior Center.
- **FLOOR YOGA CLASSES – I & II**
(Instructor: Natasha Salmon-Cogno)
Tuesdays and Thursdays
9:00 –11:00 a.m.
Classes are held at the Curtiss Mansion.
- **LEG STRETCHING & STRENGTHENING**
Fridays.....9:00 –10:00 a.m.
BALANCE & CORE WORKOUT
Fridays.....10:00 –11:00 a.m.
(Instructor: Natasha Salmon-Cogno)
Class is held at the Senior Center.
- **TAI CHI FOR SENIORS**
(Instructor: Judd Zisquit)
Tuesdays and Thursdays
12:30pm–1:30 pm
Classes are held at the Aquatic Center.
- **TRANSPORTATION:** Daily pick-ups, utilizing the center's mini-bus, are provided to older residents with no means of transportation to and from the center. In addition, weekly trips are made to a local grocery store and assistance is given with shopping. Field trips are planned each month.
- **RECREATION:**
- **Art Classes- Art classes** will be offered every **Friday** with Morgan Lorenzo from **12:15-2:15pm** @ the Senior Center.
- **Recreational and social activities planned for March include:** Bingo games (3/4, 3/11, 3/18 & 3/25); monthly birthday and anniversary celebration (3/21); field trip to The Lowe Art Museum @ UM (3/20), Wal-Mart (3/7), Sabor (3/14), Fresco Y Mar (3/21), Walmart (3/29.)

Upcoming Programs:

Educational presentations are scheduled each month through the sponsorship of numerous individuals, community service organizations, businesses, and medical facilities. The following topics are currently scheduled **for March**:

Miami-Dade Public Library System's TECHNOBUS

The library's mobile technology innovation lab will visit the senior center on **March 4th from 10:00am–11:30 am**. The bus brings digital services and devices directly to the senior center and provides residents of all ages with instruction and activities on how to use smart phones, laptops, iPads, MacBook Airs, and Microsoft Surface Pro tablets. Those interested in learning more about technology are encouraged to stop by and visit.

"Successful Aging"

The Center on Aging & Behavioral Research will present a talk on **March 13th from 12:15pm-1:15pm**, with their Director, Sara J. Czaja, Ph.D., who is also Professor Emeritus in Department of Psychiatry and Behavioral Sciences Professor at the University of Miami Miller School of Medicine. Dr. Czaja is a renowned expert on issues related to aging and cognition, family caregiving, and aging and technology, and functional assessment. Dr. Czaja will speak about the latest findings regarding how to age successfully and discuss exciting new research opportunities for seniors that involve computer-based cognitive and functional skills training.

Fall Prevention & Screening Event

March 14th from 10am-12:30pm with St. Catherine's West Rehabilitation Hospital. Falls are the leading cause of nonfatal injuries among older adults. Physical Therapists will be at the Senior Center to test your balance and determine your risk of a fall with evidenced based assessments. A free blood pressure screening and a history of falls questionnaire will also be provided.

"Glenn Curtiss and the boom of the 1920s in Miami."

On March 22nd, from 12:15pm-12:45pm, Melinda Jester, Executive Director of the **Curtiss Mansion**, will present a short talk on this exciting period in Miami history and will share information about upcoming programs and volunteer opportunities at the Mansion.

"Miami Springs Library Happenings"

Assistant Branch Manager, Danielle Zuniga, of the Miami Springs Branch Library, will present information about upcoming library services and events on **March 27th at 12:15 p.m.**

"Crime Watch" Program

Officers Jorge Capote and Janice Simon, from the MSPD's Community Policing Office, will provide valuable information on **March 19th at 12:15 p.m.** at the senior center. The Officers will inform attendees about current crimes being committed in the City, solicit observations and questions from the participants, and provide tips on how to avoid becoming a victim.

FREE Blood Pressure Screening

Mercedes Blanco, RN, from the Miami-Dade Health Department, will provide free testing for hypertension and individual counseling at the senior center on **March 25th, 10-11:30am**

•FREE, in-person TAX COUNSELING and PREPARATION ASSISTANCE for the 2018 tax returns will be offered again this year by AARP Foundation Tax-Aide volunteers to all taxpayers. Tax-Aide Foundation counselors will be available, **by appointment only, every Tuesday afternoon until April 9th** at the City of Miami Springs Senior Center, located at 343 Payne Drive. Electronic filing will be available on the premises. If you are in need of this free service, call 305-805-5160 to schedule your appointment.

For more information on any of the services, activities, or special programs offered, or to volunteer your time or talent please contact us @ (305) 805-5160.



Bozena L	2
Pilar LR.....	7
Marta dM.....	8
Nellie G.....	15
Lina B.....	15
Joseph O.....	15
Margarita M.....	16
Otilia V.....	16
Pat F.....	18
Froilan V.....	19
Elizabeth B.....	23
Roberto E.....	25
Shirley M.....	27
Dan Sandlin.....	27
Libia R.....	28
Sande H.....	28
Gloria P.....	31



Monday, 3/4
Monday, 3/11
Wednesday, 3/18
Monday, 3/25

FIELD TRIPS



*Trips are limited to 18 participants.
Sign up at the front desk!*

SHOPPING at WALMART
Thursday, 3/7 1pm - 4:30 pm

SHOPPING at SABOR
Friday, 3/14 1pm -- 4:30 pm

**LOWE ART MUSEUM
& Swensen's Grill & Ice Cream
Parlor**
Wednesday, 3/20 1:30pm – 5pm

SHOPPING at Fresco Y Mas
Thursday, 3/21 1pm -- 4:30 pm

SHOPPING at WALMART
Friday, 3/29 1pm-4:30pm

